

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 01211, Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D

Report Date: October 26, 2015 00:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 3 4 5 6	g	88.13	--	0.050	87.69	89.2	20.0	88.021	88.23	2	Analytical or derived from analytical	--	12/2008
Energy	kcal	61	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kJ	256	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Protein 1 2	g	3.15	--	0.029	3.07	3.31	13.0	3.092	3.216	2	Analytical or derived from analytical	--	12/2008
Total lipid (fat) 1 2 3 4 5 6	g	3.27	--	0.024	3.07	3.36	21.0	3.221	3.32	2	Analytical or derived from analytical	--	12/2008
Ash 1 2	g	0.67	--	0.004	0.66	0.7	15.0	0.663	0.682	2	Analytical or derived from analytical	--	12/2008
Carbohydrate, by difference	g	4.78	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2008
Sugars, total	g	5.05	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Sucrose 1 2	g	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) 1 2	g	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2008
Fructose 1 2	g	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2008
Lactose 1 2	g	5.05	--	0.052	4.85	5.57	17.0	4.945	5.162	2	Analytical or derived from analytical	--	12/2008
Maltose 1 2	g	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2008
Galactose 1	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Minerals													
Calcium, Ca 2 3 4 5 6	mg	113	--	1.760	112	116	11.0	108.715	116.461	1	Analytical or derived from analytical	--	12/2008
Iron, Fe 1 2 3 4 5 6 7 8 9 10 11 12 13	mg	0.03	--	0.002	0	0.07	3.0	0.026	0.038	9	Analytical or derived from analytical	--	12/2008
Magnesium, Mg 1 2 7 8 9 10 11 12 13	mg	10	--	0.116	7	12	6.0	9.794	10.355	9	Analytical or derived from analytical	--	12/2008
Phosphorus, P 1 2 7 8 9 10 11 12 13	mg	84	--	1.087	59	95	8.0	81.486	86.459	9	Analytical or derived from analytical	--	12/2008
Potassium, K 1 2 7 8 9 10 11 12 13	mg	132	--	1.985	106	163	15.0	127.973	136.441	9	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na 1 2 7 8 9 10 11 12 13	mg	43	--	0.548	26	58	17.0	41.365	43.682	9	Analytical or derived from analytical		-- 12/2008
Zinc, Zn 1 2 7 8 9 10 11 12 13	mg	0.37	--	0.007	0.25	0.47	16.0	0.359	0.387	9	Analytical or derived from analytical		-- 12/2008
Copper, Cu 1 2 7 8 9 10 11 12 13	mg	0.025	--	0.001	0	0.08	11.0	0.022	0.028	9	Analytical or derived from analytical		-- 12/2008
Manganese, Mn 1 2 7 8 9 11 12 13	mg	0.004	--	0.000	0	0.01	--	--	--	8	Analytical or derived from analytical		-- 12/2008
Selenium, Se 1 7 8 9 10 11 12 13	µg	3.7	--	0.185	0	8.8	17.0	3.277	4.061	8	Analytical or derived from analytical		-- 12/2008
Vitamins													
Vitamin C, total ascorbic acid 1 2	mg	0.0	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical		-- 12/2008
Thiamin 1 2	mg	0.046	--	0.001	0.04	0.05	12.0	0.044	0.048	2	Analytical or derived from analytical		-- 12/2008
Riboflavin 1 2	mg	0.169	--	0.001	0.16	0.2	19.0	0.165	0.172	2	Analytical or derived from analytical		-- 12/2008
Niacin 1 2	mg	0.089	--	0.003	0.07	0.12	18.0	0.083	0.094	2	Analytical or derived from analytical		-- 12/2008
Pantothenic acid 1 2	mg	0.373	--	0.003	0.36	0.38	6.0	0.367	0.379	2	Analytical or derived from analytical		-- 12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 1 2	mg	0.036	--	0.000	0.03	0.04	16.0	0.035	0.037	2	Analytical or derived from analytical	--	12/2008
Folate, total	µg	5	--	0.534	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008
Folate, food	µg	5	--	0.534	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Choline, total 15	mg	14.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Betaine 15	mg	0.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Vitamin B-12 1 3 4 5 6	µg	0.45	--	0.021	0.27	0.53	10.0	0.403	0.495	1	Analytical or derived from analytical	--	12/2008
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008
Vitamin A, RAE	µg	46	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Retinol 2	µg	45	--	1.926	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta 1 2 14	µg	7	--	0.618	2	9	6.0	5.103	8.175	3	Analytical or derived from analytical	--	12/2008
Carotene, alpha 1 2 14	µg	0	--	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	12/2008
Cryptoxanthin, beta 1 2 14	µg	0	--	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	12/2008
Vitamin A, IU	IU	162	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Lycopene 1 14	µg	0	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2008
Lutein + zeaxanthin 1 14	µg	0	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2008
Vitamin E (alpha-tocopherol) 1 2	mg	0.07	--	0.003	0.03	0.08	20.0	0.065	0.077	2	Analytical or derived from analytical	--	12/2008
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008
Tocopherol, beta 1 2	mg	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2008
Tocopherol, gamma 1 2	mg	0.00	--	0.001	0	0.01	22.0	0.002	0.006	2	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta 1 2	mg	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2008
Vitamin D (D2 + D3)	µg	0.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Vitamin D3 (cholecalciferol)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin D	IU	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin K (phylloquinone) 1 2	µg	0.3	--	0.007	0.2	0.3	3.0	0.24	0.285	2	Analytical or derived from analytical	--	12/2008
Lipids													
Fatty acids, total saturated	g	1.865	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
4:0 1	g	0.075	--	0.000	0.08	0.08	--	--	--	1	Analytical or derived from analytical	--	12/2008
6:0 1	g	0.075	--	0.000	0.08	0.08	--	--	--	1	Analytical or derived from analytical	--	12/2008
8:0 1	g	0.075	--	0.000	0.08	0.08	--	--	--	1	Analytical or derived from analytical	--	12/2008
10:0 1	g	0.075	--	0.000	0.08	0.08	--	--	--	1	Analytical or derived from analytical	--	12/2008
12:0 1	g	0.077	--	0.002	0.08	0.1	11.0	0.072	0.081	1	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
13:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
14:0 1	g	0.297	--	0.011	0.19	0.33	11.0	0.274	0.32	1	Analytical or derived from analytical	--	12/2008
15:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
16:0 1	g	0.829	--	0.029	0.53	0.94	11.0	0.765	0.893	1	Analytical or derived from analytical	--	12/2008
17:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
18:0 1	g	0.365	--	0.015	0.22	0.43	11.0	0.331	0.399	1	Analytical or derived from analytical	--	12/2008
20:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
22:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
24:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Fatty acids, total monounsaturated	g	0.812	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:1 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
16:1 undifferentiated 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
18:1 undifferentiated 1	g	0.812	--	0.032	0.5	0.93	11.0	0.743	0.882	1	Analytical or derived from analytical	--	12/2008
20:1 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
22:1 undifferentiated 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Fatty acids, total polyunsaturated	g	0.195	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:2 undifferentiated 1	g	0.120	--	0.005	0.08	0.14	11.0	0.11	0.131	1	Analytical or derived from analytical	--	12/2008
18:3 undifferentiated 1	g	0.075	--	0.000	0.08	0.08	--	--	--	1	Analytical or derived from analytical	--	12/2008
18:4 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
20:4 undifferentiated 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA) 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
22:5 n-3 (DPA) 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
22:6 n-3 (DHA) 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Cholesterol 1	mg	10	--	0.549	6	13	11.0	9.158	11.573	1	Analytical or derived from analytical	--	12/2008
Amino Acids													
Tryptophan 3 4 5 6	g	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Threonine 3 4 5 6	g	0.134	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Isoleucine 3 4 5 6	g	0.163	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Leucine 3 4 5 6	g	0.299	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Lysine 3 4 5 6	g	0.264	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Methionine 3 4 5 6	g	0.083	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine 3 4 5 6	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Phenylalanine 3 4 5 6	g	0.163	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Tyrosine 3 4 5 6	g	0.159	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Valine 3 4 5 6	g	0.206	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Arginine 3 4 5 6	g	0.090	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Histidine 3 4 5 6	g	0.095	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Alanine 3 4 5 6	g	0.107	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Aspartic acid 3 4 5 6	g	0.270	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glutamic acid 3 4 5 6	g	0.708	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glycine 3 4 5 6	g	0.062	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline ^{3 4 5 6}	g	0.311	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Serine ^{3 4 5 6}	g	0.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008

Sources of Data¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4c, 2001 Beltsville MD²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8i, 2004 Beltsville MD³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11a, 2007 Beltsville MD⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11b, 2007 Beltsville MD⁵Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11c, 2007 Beltsville MD⁶Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11d, 2007 Beltsville MD⁷Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995⁸Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996⁹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997¹⁰Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991¹¹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992¹²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993¹³Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994¹⁴National Institutes of Health (NIH) Carotenoid analyses of U.S. foods, Food Composition Laboratory, 1997¹⁵Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD